

# ECO-Sense

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The Allergy and Environmental Health  
Association of Canada  
Association Allergies Santé et Environnement  
du Canada  
Ottawa



Spring 1993

# OUR THANKS

## Contributors

Barb Bellin  
Anne Buckingham  
Estelle Drolet  
Virginia Salares  
Elizabeth Stutt

Cover Drawing by  
Reid McLachan

Publishing by  
Penny Corbin

Distribution by  
Lesley Ann Grant

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Johanne Falardeau

Send your newsletter  
submissions to: Eco-Sense  
Publisher, P.O. Box 33023,  
Nepean, Ontario K2C 3Y9.

Deadline for Fall Issue:  
**AUGUST 15TH**

We welcome your donations.  
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Treasurer - Ruth Williams (723-1308)  
Secretary & Parents Committee - Elizabeth Stutt (825-8388)  
Membership - Kathy Dickinson (838-3106)  
Wild Game - Stephane Lecouffe (819 648-5864)  
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Tape Librarian - Pat Gorgas (224-0801)  
Air Cleaner Co-ordinator - Barb Bellin (730-2403)\* NEW  
Telephone Committee - Linda Phillips (837-2661)  
Publicity - Judy Lux (828-3208)  
Newsletter - Penny Corbin (225-1462)

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IF YOUR MAILING LABEL INDICATES AN EXPIRY DATE PRIOR TO 9305, IT'S TIME TO RENEW!!!!!!!!!!!!!!

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# **1993 Annual Report of Ottawa Branch Activities**

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cally, we would like to thank Harold Ade for his contribution this year on the Board and for his offer to continue providing computer programming support. We would like to thank Pat Gorgas for her contribution over the years as Publicity Chairperson and as a member of the Board. Her presence is missed on the Board and we are grateful that she is continuing as Tape Librarian. We would like to thank Harriett Hodgins for her contribution as Membership Chairperson. We would also like to thank Virginia Salares for her longstanding contribution to our Board and to the Association. Her work with Central Mortgage and Housing Corporation to develop appropriate standards for the environmentally sensitive and a prototype modular unit is really appreciated by our membership. In fact, some of our members have been assisting in the testing of materials for this project.

There are many needs and opportunities in our organization. Over and over again Board members hear: "I am too busy", "I am too sick", "I'm doing all I can"; but we also hear: "I want (or need) .... from the Association". However, if we want the Association, if we want the Eco-Sense, we have to pull together and each do our part, however small or large that part may be. Unfortunately, a very few are doing the majority of the work and many opportunities are missed because we simply do not have the manpower to take advantage of the opportunities to advocate for our needs and to educate others about environmental illness. And, unfortunately, the very few who are doing the bulk of the work are going to totally burn out soon if all members do not pull together, each doing their part, to make the Ottawa Branch run efficiently and effectively.

The opportunities for involvement include manning booths, chairing committees, sitting on committees, cataloguing our Library, researching local food and clothing sources, writing articles, etc. If you have a skill or interest and someone else has the job, offer your services and perhaps we can realign responsibilities. We need and want your active participation in our Branch. The benefits to be gained by actively participating in educating our members and the public at large about environmental illness are many. The com-

mittees for which we need a chairperson and committee members include the following: Fundraising, Library, Newsletter, Public Awareness, Social Affairs (parties!), Telephone Survey, Workshops. Pick up the telephone and make a commitment to our association now!

Respectfully submitted,  
Elizabeth Stutt, Secretary

18/2/93

## Remember National AGM on May 29th

### AEHA OTTAWA BRANCH FINANCIAL STATEMENT AT DEC 31/92

Cash on Hand and in Bank, January 1, 1992	\$ 7,659.06
Add: Memberships	2,163.50
Donations	225.00
Books & Publications	101.50
Advertising	870.00
Productive Enterprises	368.98
Interest	120.61
TOTAL REVENUES	3,849.59
Less: Program Expenses	
Printing & Photocopying	3,033.92
Postage	1,144.05
Program Expense	338.72
Miscellaneous	82.05
Less: Administrative Expenses	
Bank Charges	28.77
Office Supplies	472.56
Phone	103.58
Travel	333.42
GST	277.54
TOTAL EXPENSES	5,814.61
Cash on Hand and in Bank, December 31, 1992	\$ 5,694.04

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Eco-Sense

# P E R F

Barb Bellin sent in articles on perfume "allergy". She was encouraged that the Toronto Star (1-17-93) printed angry responses to a readers comments on perfume. Comments like:

*"I find the large department stores in malls really horrid. I have to enter with a scarf around my face. I'm sure some think I'm about to rob the store but I'm just trying to avoid a killer headache."*

*"It is neither sexy nor alluring to be smelled before you are seen and strong body odour is just as offensive when it is purchased as when its the result of poor personal hygiene."*

*"I have wished that restaurants and other public places had a no-perfume section for people like me."*

*"My husband sometimes complains that I don't entertain as often as he would like or I'm not as sociable as he, but he can't guarantee that someone close to us won't forget or doesn't take my reaction seriously enough to make sure they're not wearing perfume and my worst nightmare starts all over again."*

indicate to me that other people who may not have been diagnosed as environmentally sensitive are finding perfume to be a problem.

According to the second article which originally appeared in the New York Times (Nov/92), some magazines - like Harper's Bazaar, The New Yorker, People and Town & Country are now making unscented issues available to subscribers who asked to be placed on special mailing lists. The New Yorker discontinued ads that carry fragrance strips in November/92, reversing a policy it began June/92 after getting "a couple of hundred letters" from people who wrote "that they were not comfortable with smelling fragrance throughout the issue". It was felt that this scent wafting through the magazine stemmed from the premature release of the tiny fragrance capsules embedded in the strips.

Scented ads became popular during the 1980's

as the cosmetics industry became more competitive. Surveys showed that 60% of subscribers had purchased a scent as a result of a scent strip. Perfume ads can cost from 33 to 150 per cent more than conventional ads which makes them difficult for magazines to resist. The Magazine Publishers of America (New York) and the Cosmetic, Toiletry and Fragrance Association (Washington) have issued voluntary standards for perfumed ads as a result of the qualms over the pervasiveness of scents.

Barb did not renew her subscription to Saturday Night because they continued to send perfume samples. She registered her complaint to the Editor in a letter. My personal experience was perhaps better. When I called Homemaker magazine's hotline to complain, I was greeted with a pre-recorded message that apologized to their readers for their first time mistake of including a fragrance strip. They sent me another magazine with the strip not included. I was also told they would never be including one again. AEHA Kitchener branch newsletter states that MacLean Hunter magazines (Chatelaine, Flair, etc.) will be sent without perfume if the subscriber requests it. Call 1-800-268-6811.

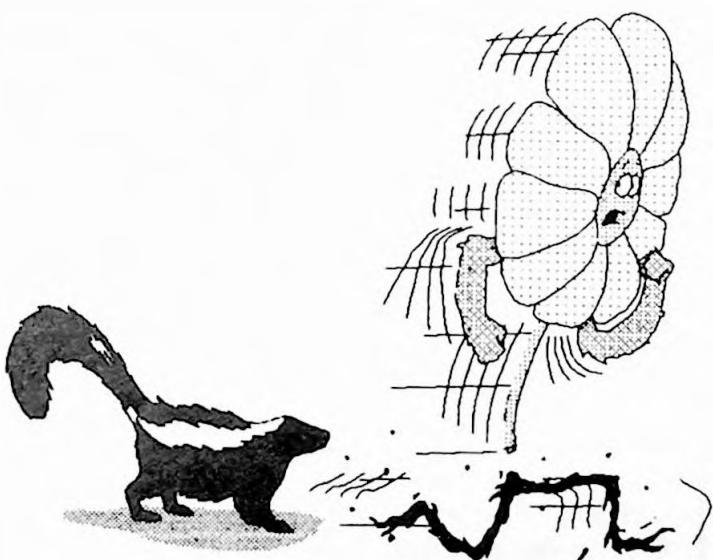
Our needs may be more than a dislike for perfume, but we can register our needs by speaking out each and every time we have the opportunity.

In this issue, I've included alternate sources of personal care products for you and perhaps any friends or family who may be interested (see pages 9 & 10). If one must use scents, we can learn from a gentleman's suggestion about the proper wearing of cologne or perfume. He said that men and women don't wear scent for the general population but for a lover, and he or she should be the only one who can smell it. In order to smell his cologne, you had to be closer than you would be to anyone (other than your spouse) on a subway.

# UMES

Perfume can affect the brain. Basically perfume is a blend of several hundred natural and synthetic chemicals in an alcohol base. Depending on who you talk to, perfume can either affect you adversely as a neurotoxin or benefit you as a stress reliever. According to a report by the Human Ecology Action League, several chemicals can have negative effects on the brain. They were especially concerned about the effects of the following common ingredients of fragrances: cyclohexalon, linalool, methyl ethyl ketone, eugenol, musk ketone and especially Musk AETT, a synthetic form of musk. In contrast, Shimizu Technology Centre America Inc. is trying to license its products in North America. This is a computerized system which sends fragrance through the ventilation ducts of buildings. The system uses fragrances for different purposes: to reduce stress, lavender or chamomile; to induce a positive mood, lemon or cypress; to refresh, basil, peppermint or clove. The sensory revolution is escalating. (AAIA Quarterly, Volume 29, Winter'93, p. 11)

**The Smell of Things To Come First,** it was "No shirt, no shoes, no service." Then it was "No smoking." The latest no-no? Perfume. "Because many people are hypersensitive to fragrances, or even get sick from them, there's a growing trend among public meeting places and restaurants to ban people from wearing perfumed products," says Mary Lamielle, president of Voorhees, New Jersey-based National Center for Environmental Health Strategies (NCEHS), a non-profit organization formed to educate people about public health issues. One of the first restaurants to ban perfume and cologne in the United States, says Lamielle, was Jimmy's Place. Owner Jimmy Rohr began prohibiting fragrances in the Chicago restaurant in 1991 due to his severe allergic reaction to ingredients in perfumes. Other businesses and organizations have taken a similar stand. When the New Jersey Environmental Federation in New Brunswick planned its recent annual meeting, for example, the group requested participants be fragrance-free. Although a growing number of businesses and organizations are banning perfume, no laws have been passed to enforce the ban. The NCEHS, however, along with the Environmental Protection Agency (EPA), is working toward freeing the air of indoor pollutants and irritants - namely, paradichlorobenzene, the pesticide used in mothballs. "Many people don't realize this ingredient is also contained in air and room fresheners, since there's no law requiring a warning label on these products," says Lamielle. Until the EPA makes headway with the warning labels, sensitive business owners may benefit - and save their staff from sneezing - by checking the products they're using to freshen the air. **"Reprinted with permission from the Delicate Balance, 1100 Rural Avenue, Voorhees, NJ 08043. (609) 429-5358."**



## SAFE COSMETICS

According to one estimate by the National Academy of Sciences, 15% of the population is chemically sensitive.

The most common allergens and eye and skin irritants are preservatives and fragrances. Preservatives are necessary to prevent bacterial growth. While one of the most effective preservatives, formaldehyde and formaldehyde "donors" (compounds that give off formaldehyde when they break down), it is among the most troublesome irritants. It is also a carcinogen. Preservatives that cause less irritation and fewer allergic reactions are: grapefruit seed extract, phenoxyethanol, potassium sorbate, sorbic acid, tocopherol (vitamin E), vitamins A and C (often called retinyl and ascorbic acid).

Even more than preservatives, natural and synthetic fragrances can cause irritation and allergic reactions, which range from sneezing, stinging eyes, and reddened skin to severe contact dermatitis. The Research Institute for Fragrance Material says "all available data support the conclusion that fragrances made with natural ingredients are no safer than those made from synthetic ingredients." But, according to a chemist with Earth Science of California, "if you stick to one central oil or a blend of one or two, they are less likely to cause allergic reactions". Companies are now offering fragrance-free lines.

### Guidelines for safe use:

Don't use your fingers instead of an applicator.

Don't leave containers uncapped.

Don't share cosmetics.

Don't store them near heat or leave them in the sun.

### Patch Tests to determine allergy

Apply a small amount of the product to your inner arm, cover the area with a bandage, and leave it for 24 hours. The development of redness or soreness suggests you are allergic to some ingredient in the product.

(Natural Health, January/February 1993, A Buyers Guide to Safe Cosmetics)

*This entire article is now available in AEHA Ottawa Book Library!*

## NATURAL COSMETIC INGREDIENT DICTIONARY

The following "dictionary" defines some of the most common natural cosmetic and skin care ingredients.

**Aloe Vera Gel:** Extracted from the aloe vera plant, a natural moisturizer used in a variety of cosmetic products as well as in sunburn relief and suntan products.

**Allantoin:** from herb comfrey as well as from sugar beets and wheat sprouts, it is used to soothe and soften the skin.

**Axulene:** extract of the camomile plant, soothing to the skin.

**Bee Pollen:** rich in enzymes, vitamins and trace minerals, it is found in some skin moisturizer formulations.

**Biotin:** Part of B complex family, has restorative qualities.

**Citric Acid:** many plant sources, adjusts skin pH balance while also acting as an antioxidant.

**Citrus Oils:** from citrus fruits like lemons and oranges, used as skin cleansers and astringents.

**Collagen protein:** this protein, broken down to allow for better skin absorption, is used for greater skin elasticity.

**Glycerin:** Taken from vegetable fats, it works as a humectant and emollient.

**Golden Seal:** herb used in facial masks and cleansing scrubs as a skin detoxifier.

**Jojoba Oil:** from the jojoba shrub, is useful as a skin softener and moisturizer.

**Keratin:** protein substance used for its restorative effects on the skin.

**Lecithin:** most commonly derived from the soybean, used as a moisturizer, surfactant, emulsifier and emollient. It is rich in unsaturated fatty acids.

**Milk protein:** high in amino acids and lactic acids, used in creams and lotions to help strengthen, smooth and repair skin.

**Mint:** from mint leaves, found in skin toners and facial masks due to its cooling and astringent effect on skin.

**Oakbark:** astringent herb, used as a skin tonic.

**Oleyl Alcohol:** derived from fish oils, has softening and lubricating qualities.

**Panthenol:** Vitamin B complex family, water-soluble and used for its restorative effects on the skin.

**Papain:** enzyme extract of papaya fruit, used in facial scrubs and masks to dissolve dead skin tissue.

**Rose Hips:** astringent herb used in skin scrubs, toners and cleansers.

**Royal Bee Jelly:** product of the queen bee, rich in vitamins and minerals and used as a skin rejuvenator.

**Sea Kelp:** sea vegetable used as a skin smoother and regenerator. Also has healing, cleansing and detoxifying qualities.

**Vegetable Oil:** derived from such vegetables as apricot kernel, almond, coconut, sunflower, safflower, sesame and wheat germ, high in unsaturated fatty acids, vitamins and minerals and used to lubricate and nourish the skin.

**Vitamin A:** used to aid the growth of epidermal cells and to smooth skin.

**Vitamin B:** used for its restorative qualities on skin.

**Vitamin D:** used for its skin-healing qualities.

**Vitamin E:** found in skin masks, used to promote skin tissue growth.

**Yeast:** High in B vitamins and protein, used in facial masks to stimulate the skin.

**Zinc Oxide:** helps cosmetics adhere to the skin.

(Compiled by Charlie Sohmer of the former Bread and Fruit, from articles in Whole Foods magazine, Putting on Your Face by Zia Wesley-Hosford; and Reverse the Aging Process of Your Face by Rachel Perry.)

## BRANCH NEWS

A February Telephone Survey told us you are interested in the following: guest speakers on the effect of microwaves on children and geopathic stress, kinetic energy, a telephone support group, lobbying for improved air quality in government buildings, lobbying re proposed clamp down on alternative health care, more accessibility and coverage for alternative medicine by medical insurance plans, more public education. If there are other concerns please let an executive member know. ■

Ministry of Health soon to announce major funding for a clinic and research project; the location of the clinic is unknown at this time. ■

Board of Management meetings are held on the second Tuesday of each month in the offices of Jim McCulloch at 7 pm. Any AEHA member is welcome. Contact Elizabeth Stutt or Jim McCulloch to confirm time and date. ■

Lesley Ann Grant has volunteered to distribute the Eco-Sense. Everyone on the Board appreciates this effort. Thanks Lesley. Welcome to Kathy Dickinson, our new Membership Chairperson and Christine Crawford who volunteered to be members at large on our new Board of Directors. ■

**Publisher's Note:** These are difficult times for everyone! AEHA Ottawa is no exception.



In the past, our donations were higher and administration costs lower. We gained income from wild game sales, flea markets, garage sales, etc. Since these sources or other fundraising methods are not available to us, primarily due to lack of volunteers, Eco-Sense production is threatened. Without your personal donations, there is a high probability that we will have to return to an 8 1/2" x 11", stapled in the corner, newsletter.

If you can help, send your ideas or donations to AEHA Ottawa, PO Box 33023, Nepean, Ontario. K2C 3Y9.

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# PERSONAL CARE SOURCES

**PERSONAL CARE SOURCES** - A wide range of individual tolerances exist. Most try to avoid added fragrances. Unless otherwise noted these products are available in stores like Rainbow Foods and The Wheat Berry.

## Cosmetics

- . look for lipsticks that get their coloring from natural sources like walnuts, cinnamon, and beets.

BWC makeup, freshner, preventative age cream, mascara, hand and body lotion, gentle herbal face wash, shampoo. 100% natural ingredients, most all products are fragrance free. Available at Nutrichem Pharmacy, 1303 Richmond Rd., Ottawa K2B 7Y4. 820-4200.

Almay, Marcelle (found in department stores) Clinique, Kiss My Face Lipstick, Rachel Perry, Shaklee Cosmetics (Shaklee Distributors).

## The Body Shop

Bayshore Shopping Centre 829-1551  
St. Laurent Shopping Centre 749-4211  
Rideau Centre 230-2777

- . Many skin and hair care preparations - soaps, facial cleansers, facial toners, facial creams, shampoos, aloe sun and skin care. Mostly Men is their line of products created for men - shaving cream and deodorant. Mascara is well tolerated by some. They do carry perfume oils so if you are sensitive to these smells you may not be able to shop there.

## Cream

- . formaldehyde-containing preservatives can cause allergic reactions.

Neutrogena unscented cream emulsion

## Deodorant

- . fragrances, lanolin, parabens, propylene glycol, triclosan are possible allergens/irritants.

## Baking Soda

Deodorant crystal (natural mineral salts)

BWC, Lavilin, Desert Essence Tea Tree Oil, Nature's Gate, Herbal Fresh Roll-on, Tom's of Maine Natural Deodorant

Glycerine Soap, Shampoo and all-natural hand soap

(Available from Ottawa Chemists Clinic



Pharmacy, 192 Laurier Ave. West, Ottawa, Ontario K1P 5J8.)

## Hair Care

- . sodium lauryl sulfate, the cleansing agent in a number of shampoos, can be drying and irritating. Look for sodium laureth sulfate, which is gentler. Hydrolyzed animal protein, often found in "natural" conditioners, forms cancer-causing compounds.

Desert Essence Tea Tree Oil, Dr. Hauschka, Earth Science Pure Essentials Shampoo or Conditioner, Herbal Glo Hair Products, Marcelle Hair Spray unscented, Nature Clean Herbal Shampoo and Organic Conditioner, Shaklee - Shaklee Distributors, Swiss Sea Kelp Shampoo or Conditioner Vitamin E with 7 herbs, Tom's of Maine Natural Shampoo and Natural Baby Shampoo.

## Hair Coloring

IGORA BOTANIC by Schwarzkopf is a plant based hair color made exclusively from natural ingredients and mixed only with water. It creates beautiful hair colors and improves hair structure. It is made from henna, using a new process which reduces possible allergy reactions. It offers a better range of colours and is easier to apply than henna. More information is available from Canadian Beauty Aids (Toronto) 1-800-268-1905. Ask for Bob. Also available at Shear Heaven, 240 Sparks St., 230-9633. Cost for colour \$55.

## Hair Stylist

Joy Parker, Shear Indulgence, 190 Keyworth Ave., Ottawa, K1Y 0E9. 728-4069

- . environmentally safe atmosphere, non-smoking, no toxic odours, natural haircare products, innovative and creative cutting.

## Health and Beauty Services

Lesley Manley 728-2160 (often voice mail)

- . facials, consultations, sales.

- . carries Dr. Hauschka and Weleda products

- . testers available

**Moisturizers**

. allergens/irritants: beeswax, cocoa butter, sunscreen agents, propylene glycol, parabens, preservatives

. the very sensitive can rotate the vegetable oil of the day or use a Vitamin E capsule

Earth Science Almond-Aloe, Kiss My Face (unscented), Mill Creek, Nature's Gate Fragrance-free.

**Mouthwash**

. ordinary mouthwashes can destroy good bacteria in your mouth. Aloe vera juice (a bacteria inhibitor) can be used.

Tom's Natural Mouthwash with aloe juice & vitamin C

**100% pure cotton balls**

for those with allergies. Available in 100's or 300's at Nutrichem Pharmacy.

**Perms**

Precise Moment. Some salons are now using this natural permanent. Call ahead and see if they will order it for you. If you need to frequent a hair salon, it's best to make the first appointment of the day so you can be in and out before a lot of toxic fumes build up. Also, be sure your hair stylist is aware of your problems. They may know of new safer products on the market.

Vita Wave - no synthetic chemicals or harsh solutions, organic.

**Shaving Cream**

. some contain lanolin which may be contami-

nated with pesticide residues.

**Earth Science for Men, Tom's of Maine Soap**

. Look for unscented soap, glycerine or coconut oil based in health food shops. Many soaps contain DEA - a known carcinogen.

Canada's All Natural Soap Inc. (honeypine, oatmeal, aloe vera, carrot, cucumber, goat's milk)

- The Wheat Berry, Kiss my Face Olive & aloe, Liquid Glycerine Hand and body soap, Shaklee Basic H (diluted), The Soap Works, Belle Epoque unscented undyed soap. Ingredients include tal- low, rainwater, olive oil, alkali, oatmeal- Belle Epoque, Ayers Cliff, Quebec. J0B 1C0.

**Sunblock/Sunscreen**

. PABA, a common ingredient in sunscreens is a possible allergen. Also, look for products that block UVA rays.

Aubrey, Nutri Sunblock 33 - Nutrichem Pharmacy, Marcelle, Nature's Gate, Ombrelle, Photoplex.

**Toothpaste**

. most mainstream toothpastes contain potential carcinogens like synthetic colors and sodium saccharin. Remember to change your toothbrush frequently. If very sensitive, baking soda can be used or just a brush.

Desert Essence Tea Tree Oil, Kalodent - College of Natural Healing, MerFlu-An, Nature Gate, Nutri-biotic - Nutrichem Pharmacy, Tom's Natural Baking Soda, Tom's Flossing Ribbon.

**DR. HAUSCHKA COSMETICS**  
**A Homeopathic Approach To Skin-Care**



**DR. HAUSCHKA**

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facials, consultations, sales  
by appointment 728-2160 often voice mail

# SHARING INFORMATION

**New on the Market : Safe Colors - NEW** from Glidden is SPRED 2000 latex paints free of petroleum based solvents - which means you won't inhale noxious fumes or add polluting elements to the air while you paint: \$18 - \$24 per gallon. Glidden 800-221-4100 (8 colors shown in "Weekend Decorator, Winter 93.) Some Glidden distributors in Ottawa are carrying only whites, but 8 colors can be ordered from Glidden. This paint was used on ceiling of EI Units in Barrhaven.

ICI Paints Canada Inc. also introduced a solvent-free interior latex paint under C-I-L Dulux. It uses a water-based solvent instead of petroleum-based solvents. (Two colors, white and off-white are available). ■

Majer Imports will no longer be carrying linens. As of Mar 30, they have a few queen 100% cotton mattress covers. Alternative - Sleeptek, 50 Colonnade Rd. (727-5337), makers of 100% cotton mattresses for the chemically sensitive, will make a heavy cotton (not quilted or fibre-filled) cover. (\$45-single, \$55-double, \$60-queen) ■

Melinda Glew, although unable to tolerate many "environmental products" can tolerate Bioclean (see ad p.13). She tried many products to desmell drapes and after soaking them in Bioclean concentrate for 24 hours they became tolerable. Thanks for passing along the information Melinda. ■

November 1992's Prevention magazine suggest that you wash all bedding weekly in hot water at 130 degrees F. and cover your mattresses and pillows with airtight cases. Dust mites love to hang out in warm, damp places. A product called Allergy Control Covers have a dust-mite blocking barrier on one side and a soft, outer layer made of a cotton-blend fabric. For information, contact Allergy Control Products, 96 Danbury Rd., Ridgefield CT 06877. (800) 422-DUST. OR Allergen Tight slipcovers that seal your mattress, box spring and pillows, made by Allergy Relief Distributors in Richmond, B.C. are now available

at Nutri-chem Pharmacy, 1303 Richmond Rd. (613) 820-4200. ■

Derek Finch, DCF Renovations, 1364 Gaultois Av, Orleans, Ont. K1C 3G6. (613) 824-6084 is sympathetic to the environmentally sensitive. He has the information package from CMHC. ■

ECOLUTION, a Montreal based company produces socks and underwear from 100% pure organic cotton. Sold in their natural cotton colour. ECOLUTION, 555 Chabanel St. West, #606, Montreal, Quebec, H2N 2H8, (514)383-0421, Fax: (514)383-3531. ■

**MESH NEWS RELEASE:** On Sunday, June 6, 2 - 4 pm, Hintonburg Community Centre, Ian Deans, chairperson of Public Service Staff Relations Board will be talking on the appeal process in the Civil Service. ■

## We Get Letters...

Ten years ago at 61 I developed a slight cough and was not feeling well. Because of concern of my family I visited several doctors including allergists. After a year or so, one specialist told me that I had asthma and wrote me off by sending me back to my family doctor.

So there I was taking all kinds of medicine and slowly getting worse. If you ever were around horses you may have observed a heavy horse and how their flank muscles had to strain to breathe in and out.

Well that was me and of course my thinking was influenced by the horse dealers judgement - there is no cure - sell it fast.

If you never had asthma you have no idea how terrifying it is not to be able to breathe.

With a suitcase full of sprays and pumps I managed not to croak between hospital stays of usually about five days. Three years ago I was in hospital four times during that winter. That summer I was diagnosed as having candida yeast problem by Dr. Molot of Ottawa.

After two years of shots and a no yeast diet I consider myself cured. In fact my family Dr. says I am a different person. Of course I still sleep outside in the cold where I could find relief during the times when I still had the heaves.

So there you are horse dealers, there is a cure for heaves.

J. P. Lambert

I became electrically hypersensitive last July when I began working with a computer. Since then I am bothered by practically everything electrical in my home including the telephone. Also I feel too sick if I travel in, or drive the car. I have also developed many chemical sensitivities and also have a problem with yeast. I would greatly welcome any help you could give me or support from other members in my situation.

Patricia Hollingsworth, 6431 Glen Knolls Drive, Orleans, Ontario K1C 2X1.

I thought I'd let you know about a controversy re - plants and the removal of indoor air pollutants. In our Eco-Sense Winter 92/93 page 5, plants are listed which will detoxify certain pollutants. In the "Quarterly" Summer 92 Vol XIV #2 (page 11) an article called "Plants as air filters" states that the Russian system passes air through the "root structure" in order to break down the contaminants. Virginia Salares also believes that in order to be useful the root system must be exposed - which was part of the NASA research work. Until further research information is available, it might not be wise to recommend plants, as they are presently used, as an air filtration system. Estelle Drolet

I am grateful for the benefits I have derived from AEHA. The Christmas potluck was special - I felt comfortable, unlike what I feel at other "parties". Joanne Bedard

Dear fellow member,

The drapes which hang over my hot water radiators get all blackened in a very short time. What is the black deposit which coats anything that comes close to these radiators and is impossible to remove by washing? Is it some emanation from the metal or just fried dust? Is it dangerous for somebody allergic like me to sleep close to them?

Also, I would like to know if vinyl floor tiles and acoustic ceiling panels are problematic for the allergic person and if there are any stores in the region selling products such as paints and other household products safe to use.

Suzanne Courchesne

Dear Suzanne,

I would need more information than you have given to answer your query about your radiators. Do you observe the discolouration at all times or only during the heating season? What kind of material is the drape made of? Do you get a deposit on your hands if you touch the radiator? It is also possible that the black material is coming from elsewhere. I would not be able to tell if it is dangerous or not until I know what it is and where it is coming

from. To start with, I suggest that you move your drapes away from the radiator.

The odours coming from vinyl tiles depend on the kind of tile and how old they are. New sheet vinyl (made of pure vinyl) has stronger odour than vinyl tile which has a lower vinyl content. The odour decreases with time. However, if the sun is shining on the floor, or it gets heated by a heat source, you may notice stronger odours. The same is true of your acoustic tiles. Whether there are pollutants emitted by the tiles would depend on a number of factors: the composition of the tile, how old it is, the condition it is in (has it ever gotten wet?) and what is above the tiles.

To find out if the ceiling tiles are bothering you, you would have to find it out yourself. If the area is small, you may consider covering it temporarily with aluminum foil and aluminum foil tape (from the building supply store; ensure that the foil does not bother you). If you do not feel better in the room after you have covered it, either the ceiling is not a problem or something else is causing a problem.

Some people can tolerate paints, while others cannot. You have to find out for yourself. I would suggest that people who are very sensitive should avoid painting if possible and live with the existing paint on the wall rather than bring something new. If you still have to paint, consider Glidden Lifemaster 2000 which is a specially formulated paint without VOC's (volatile organic compounds). Try a sample first, let it dry and see if you can live with it.

There are many household products that are safe to use. To find out what these are, you have to try them out yourself (touch, sniff them while you are in the stores) and observe how you respond. No one else is a better judge than yourself.

#### Virginia Salares

**THE CLEAN AIR GUIDE** (How to Identify and Correct Indoor Air Problems in Your Home) is a new publication from CMHC which should be helpful. To obtain a copy, phone the Canadian Housing Info. Centre, (613) 748-2367.

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PETS AND THE PLANET
NATURAL PRODUCTS  
THAT REALLY WORK!

Earth Solutions are a range of water-based natural enzyme products that contain absolutely no harsh chemicals. They include 2 cleaning formulas, 3 pet products and a pool and spa formula. A laundry formula is expected in the next few months. The products are so safe to use that warning labels are not necessary and they are environmentally friendly from production to disposal.

Bio-Clean is an all purpose cleaner and odour/stain remover that performs so effectively users consider it miraculous. Since it works so well on hard and soft surfaces different cleaning products are not required. Trial samples available on request.

The window and glass cleaner is equally as effective and both are sold with concentrates so they are very economical as well.

The pet products include 'Smells & Stains', (a formula especially for pet stains and odours) Litter & Cage (a cleaning and deodorizing formula), and Fur & Feathers (a grooming formula).

The pool & spa formulas reduce maintenance, chemical shocking and water usage by 50% or more. The formulas break down organics immediately as they enter the pool or spas so the water is kept clear and odour free. Bathers do not experience unpleasant odours or scum. Water-line build-up becomes non-existent.

**LINDA CASSELMAN, REGIONAL DIRECTOR, (613) 596-6149**

# EVENTS

**May 14 - 16**  
**EnviroFair '93**  
 Nepean Sportsplex  
 Contact: Ian  
 Bradshaw 489-4211

**Thursday, May 20 7:30 pm**  
**Dr. John Molot**  
 What is New in the Field of  
 Environmental Medicine?  
 McNabb Community Centre

**Thursday, September 16 7:30 pm**  
 Discussion led by Lynda Brooks, R.N.  
 How Environmental Hypersensitivities affect our sexuality.  
 McNabb Community Centre

**May 31 - June 6**

**National Access Awareness Week**

**May 31 & June 6**

**CMHC Demonstration House**

Uof Ottawa, Unicentre, 2nd floor

**June 5**

**Community Day**

Regional Municipality Hdqrtrs

111 Lisgar St.

Further Info: Deanne Desrochers  
 724-5886.

Contest being held for the design of an  
 accessible environmental office work  
 station. Submission deadline: May  
 17/93. Further Info: Leslirae Rotor  
 830-7968.



**NATIONAL ANNUAL GENERAL MEETING**  
**MAY 29**  
**ST. PAUL'S UNIVERSITY**  
**223 MAIN STREET, OTTAWA**

- 8:30 a.m. Registration
- 9:00 a.m. Presentation by Virginia Salares, "Is Your House Making You Sick? (How to Be your Own Sleuth)
- 10:30 a.m. Refreshment Break
- 11:00 a.m.. Annual General Meeting
- 12:30 p.m. Lunch Break
- 2:00 p.m. Slide Presentation by Jeff Armstrong and Tour of Barrhaven Housing Project - Units designed for the environmentally sensitive. Only room for 50 on the tour.

**REGISTRATION FEE FOR MEMBERS:** \$13 before May 10th., \$18 after May 10th. **NON-MEMBERS:** \$18 before May 10th, \$23 after May 10th.

SEND ENCLOSED REGISTRATION FORM WITH PAYMENT TO AEHA  
 OTTAWA, NATIONAL AGM, P.O. BOX, 33023, NEPEAN, ONTARIO K2C  
 3Y9.

## G.S.T. tip

Did you know that by obtaining a prescription (with the cooperation of your physician) for any typically purchased non-prescription product you can save the G.S.T. and the Provincial Sales Tax (when applicable).

Prescription receipts may be claimable under your health insurance and are valuable income tax receipts.

At Ottawa Chemists we do not surcharge for this service!

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- ★ Delivery with no extra charge on all medication drugs (excluding birth control pills, and insulin) in Ottawa Proper.
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- ★ Delivery with no extra charge anywhere on nutritional supplements totalling \$100.00 or more.

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MONDAY to FRIDAY 8:30 a.m. - 6:00 p.m.  
SATURDAY 9:00 a.m. - 12:00 noon

### WE FILL MEDICATION DRUGS

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EVENING PRIMROSE LIQUID: \$18.00/100mL

(100mL equals 200 capsules)

ZEPHIRAN CONCENTRATION: \$15.00/100mL

(Make over 3 gallons of zephiran solution)

SISU "S" PRODUCTS: \$16.00/90 CAPS

Ottawa's Largest Selection of Herbal Products

Extensive Homeopathic Supply Selection

WE NOW HAVE VEGETARIAN "00" EMPTY CAPSULES.

GELATIN CAPSULES: 1/2 PRICE

MONOLaurin: *Special Price* \$18.00/90 CAPS -- (New)

SISU DOPHILUS +±: \$6.00/60 CAPS -- (New)

CAPRICIN (MICROPRYL) 350mg \$15.00/100 CAPS

## Medication Tips

Remember to tell your doctor or pharmacist:

**1**

The names of all prescription and non-prescription medicines you are taking.

**2**

The medicines to which you are allergic.



Get the answers you need. Ask your doctor or pharmacist.



How and when to take it and for how long.



What foods, drinks, other medicines or activities should be avoided while taking the medicine.



What possible side effects can occur and what to do.



Whether possible side effects could affect your driving performance.



How to store the medicine.



Prepared by the Canadian Pharmaceutical Association, the national professional association of pharmacists.